

Seeking Help

If you are using drugs or alcohol or if you are taking more medication than prescribed, seek help. If someone you know is having problems, urge them to get help.

HOW MUCH IS TOO MUCH?

A problem drinker is a person whose drinking is interfering with one or more important areas of life-either at home, school, or work. If someone's drinking is causing problems, it's a problem.

Groups are available to assist you in remaining sober. Most 12-Step recovery programs have local 24 hour hotlines.

"Even for people who have had long periods of abstinence, stress is a very powerful trigger for relapse."

Resources Community Mental Health



Region 1	Ph # 662-627-7267
Region 2	Ph # 662-234-7521
Region 3	Ph # 662-844-1717
Region 4	Ph # 662-286-9883
Region 5	Ph # 662-335-5274
Region 6	Ph # 662-453-6211
Region 7	Ph # 662-323-9318
Region 8	Ph # 601-824-0342
Region 9	Ph # 601-200-6103
Region 10	Ph # 601-483-4821
Region 11	Ph # 601-684-2173
Region 12	Ph # 601-544-4641
Region 13	Ph # 228-863-1132
Region 14	Ph # 222-863-1132
Region 15	Ph # 601-638-0031



Project Recovery Helpline
24-hours a day, seven days a week
1-866-856-3227

*MS Department of
Mental Health's
Disaster Response
System*

PROJECT RECOVERY

1-866-856-3227

*Alcohol and
Substance Use:*

*Staying Clean and
Sober following a
Disaster*



Alcohol and Drugs in Times of Crisis

Everyone reacts differently to trauma and disasters. The emotional impact can increase stress and decrease our healthy coping strategies.

FACT:

After a traumatic event, there is a significant increase in the use of alcohol, tobacco and marijuana seen in people who were using these substances prior to a disaster.

Stress-induced Relapse

The stress and trauma that people experience following a major disaster will vary from person to person. Many people may begin or resume substance abuse because of their disaster experiences. Even for people who have had long periods of abstinence, stress is a very powerful trigger for relapse.

If alcohol or drug use is an issue for you or your loved ones during times of stress, it's important to pay close attention to how you or they are coping. When you are in recovery, stress can be the number one cause of relapse to drug and alcohol use.

Staying Clean and Sober

For some problems drinkers and drug users in recovery, disaster often makes it difficult

remain sober. If you have a history of alcohol or drug dependence, or if you think you would be better off avoiding the temptation, remember the old adage, "Stay away from the people, places and things that you associated with drinking and drugging."

Warning Signs:

If you are unsure if you or someone you know is having difficulty with substance use, ask yourself the following questions:

- Are you drinking more than normal
- Do you use drugs and alcohol to deal with the overwhelming feelings of loss and grief?
- Are you using drugs and alcohol to numb the pain?
- Are you having difficulty caring for yourself and family members?
- Are your relationships with family or friends deteriorating?
- Are your appearance and cleanliness in decline?
- Are you having problems attending school or work?
- Are you hiding the amount of alcohol or drugs that you use?
- Are you experiencing an increase in problems often associated with substance use? (Family violence, missing work, and excessive spending, etc.)

If any of these situations happen to you following a disaster, it's important to seek some help.

It is important to consider seeking help if important areas of life, such as relationships, work, or school, are being affected by traumatic stress. Likewise, people who become more and more depressed or anxious, or those for whom the use of alcohol or other drugs increases significantly, may need treatment.

Where To Go For Help

People who wish to consider professional support should select a someone who is knowledgeable about traumatic stress. A family doctor, clergy person, local mental health association, state psychiatric, psychological, or social work association, or health insurer may be helpful in providing a referral to a counselor or therapist with experience in treating people affected by traumatic stress.

For more information about traumatic stress or the International Society for Traumatic Stress Studies, call 1-877-507-PTSD(7873).

Where Can I Find Help

The following list provides information and support for coping with grief:

Grief Recovery Hotline (800) 445-4808
www.griefnet.org
www.growthhouse.org
www.transformations.com
www.mentalhealth.org